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OFFICE OF TRAINING

DIRECTIVE

25X1

COURSE:

25X1

SUBJECT: Edible Animals HOURS: 1

METHOD OF PRESENTATION: Lecture, demonstration & practical work INSTRUCTOR:

25X1

OBJECTIVES OF INSTRUCTION:

SUMMARY OF PRESENTATION: An examination of the use of animal flesh as food, stressing the edibility of most animal life, preparation for cooking of mammals and birds, simple methods of cooking mammals and birds, methods of tenderizing tough meat, and preservation of excess animal flesh.

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SUBJECTS WITH WHICH COORDINATION IS REQUIRED:

REFERENCES: See bibliography

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REMARKS: Equipment: boiling water, refuse cans, a rabbit, a chicken, sample cooking fires.

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A. Animal flesh as food. (Mention of sea animals as subject of later discussion.)

1. General.

a. Edibility of most animal life.

1) Application of food test before eating strange food in quantity.

b. Desirability of eating the fat meat with the lean.

c. Avoidance of protein food when ration of water per day is less than a quart.

d. Advisability of cooking before eating.

e. Eating of insects.

*2. Preparation of all edible mammals.

a. Mammals which are not edible (toads, Arctic shark, polar bear's liver).

b. Skinning.

c. Bleeding.

d. Removal of viscera.

1) Care in removal of gall bladder and urine bladder.

2) Care in removal of any musk glands.

*3. Preparation of birds. (Statement that all birds are edible.)

* While one instructor explains and discusses the preparation for cooking of birds and edible mammals, the other will kill and clean a chicken and a rabbit. Each pair of students will have the opportunity to so prepare a chicken and a rabbit for their dinner.

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- a. Bleeding.
- b. Drawing.
- c. Skinning.
 - 1) All water birds.
 - 2) Some others when method of cooking demands.

****4.** Simple ways to cook game.

- a. Boiling.
 - 1) Boiling with use of metal container.
 - 2) Boiling without a metal container.
 - a) Perishable container used on fire.
 - b) Stone boiling with perishable container.
 - b. Roasting or broiling over a fire.
 - c. Roasting in the coals of a fire.
 - d. Steaming under a fire.
5. Method of tenderizing tough meat; making it palatable.
- a. Broil quickly.
 - b. Boil first; broil next.
6. Preservation of excess animal flesh.
- a. Freezing.
 - b. Drying.
 - **1)** Smoke-drying.

****** The sections of this outline marked with double asterisks will be conducted by word description and an actual model of the method mentioned.

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